

Let's be fit and healthy

Vocabulary

stomach	معدة	really	حقا
hurt	يؤلم	create	يخلق
medicine	دواء	wonderful	رائع
healthy	صحيح	world	عالم
fizzy	غازي	environment	بيئة
better	افضل	peacefully	بسلام
wrong	خطأ	happily	بسعادة
ate	أكل	around	حول
fork	شوكة طعام	air	هواء
knife	سكينة	recycle	يعيد تدوير
spoon	ملعقة	paper	ورق
plate	طبق	tree	شجرة
ill	مريض	garbage	قمامة
fit	رشيق		

Imperatives

أفعال الأمر

للإعطاء امر يجب ان نبدأ بالفعل بدون إضافة:

- **Put** the garbage in the bin.
- **Eat** fruit and vegetables.

○ لعمل نهي يجب ان نضع Don't قبل الفعل:

- **Don't** eat a lot of chocolate and ice-cream.
- **Don't** leave the rubbish in the desert.

Past Simple

الماضي البسيط

○ تراجع هذه الوحدة زمن الماضي البسيط الذي يتكون من التصريف الثاني:
السؤال:

- What **did** you learn?
- Why **did** Allah make our world beautiful?

عند عمل سؤال في الماضي نضع (did) بعد كلمة الاستفهام.

الإثبات:

- Allah **created** this wonderful world.
- I **was** ill yesterday.

Future Simple

المستقبل البسيط

○ يتكون المستقبل البسيط من:

الفعل + will

- You will be well tomorrow.
- We will have a picnic next Friday.

Countable and Uncountable Nouns

الأسماء التي تعد و الأسماء التي لا تعد

COUNTABLE AND UNCOUNTABLE NOUNS

COUNTABLE

They can be singular or plural

an apple



some apples



UNCOUNTABLE

They are always singular

coffee



milk



money



pasta



There are some apples.



There is some ice cream.



Exercises

تدريبات

Reading

A- Vocabulary

Choose the correct word from a, b and c:

1- Ice creammy stomach.

a- hurts

b- creates

c- recycles

2- The doctor gave me good

a- season

b- medicine

c- fork

3-drinks aren't healthy.

a- Fit

b- Wonderful

c- Fizzy

4- My mum uses a/anto cut cucumber.

a- knife

b- fork

c- air

5- Can I have a knife and a, please?

a- garbage

b- tree

c- folk

6- People live.....in Kuwait.

a- Really

b- wrongly

c- happily

7- Some countriespaper and plastic bottles.

- a- recycle b- eat c- hurt

8- We should keep ourclean.

- a- rubbish b- garbage c- environment

9- Never throwon the ground.

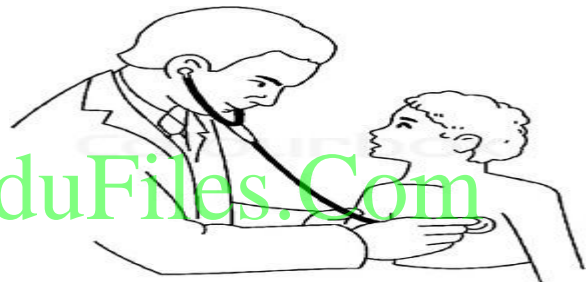
- a- garbage b- stomach c- world

10- My mum enjoys fresh.....on the beach.

- a- bottle b- rubbish c- desert

B- Reading Comprehension

Read the following text and answer:



Yesterday Salem visited Ahmad because Ahmad was ill. He felt very hot. The doctor gave him some medicine and said: "Stay in bed and you will feel better tomorrow".

a) Choose the correct answer:

1- The doctor gave Hamad some.....

- a- Stomach b- food c- medicine

2- Ahmed was.....

- a- fit b- ill c- healthy

3- I can see aand a boy in the picture.

- a- doctor b- teacher c- fireman

b) Answer the following question:

4- When did Salem visit Ahmed?

.....

Writing**A) Grammar****Choose the correct answer from a, b and c:**

1- Don'twith the knife.

- a- play b- plays c- playing

2- your environment clean.

- a- Keeps b- Keep c- Keeping

3- Noranicely yesterday.

- a- dance b- dances c- danced

4- We played football.....Friday.

- a- tomorrow b- next c- last

5- My father..... a new house next March.

- a- build b- will build c- built

6- Whereyou go tomorrow?

- a- will b- is c- are

7- Don't your time, Ali.

- a- waste b- wastes c- wasting

8- There.....some tea in the class.

- a- is b- are c- am

9- Can I have an, please?

- a- egg b- eggs c- book

10- I can eat 3.....

- a- apple b- apples c- orange

B- Writing

Form sentences with the help of the guided words and pictures:

1- (drink – orange juice)



.....

2- (doctor – gave –medicine).



.....

3- (eat – healthy – fit)



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C) Punctuate the following sentence:

i eat healthy food

.....
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